



Hello everyone

I know I have been very quiet this past month, and most chapters have not heard from me. I have been dealing with some health issues and hope they will be cleared up soon. This is why this newsletter is a little late, and also if I haven't replied to an email - I will admit I am behind. I am slowly working back up to speed and hope to be my old self soon.

How is everyone doing with the [Winter Area Captain Challenge - Beat the Winter Blues](#)? I am looking forward to hearing of the different ways you have challenged yourself for the month. Remember a random participating member will be drawn to win their **TOPS** yearly membership paid so be sure to either have your leader, or yourself get me your form at the beginning of March.

Speaking of the beginning of March, elections are held the first chapter meeting in March - with the new executive starting their role the first meeting in April. All chapters must submit their forms to Carol Harper regardless if there was an executive change or not. These forms have already been sent to the leaders.

I have started getting dates for the [Area Captain Presentation "Stress Management"](#) with my first chapter being presented [February 9th, TOPS ON 5272 Stratford](#). If you would like me to come present to your chapter drop me a line, or give me a call and I'd love to come out to your chapter.

For TOPS Members birthdays, I have now added them to our webpage. Click on [Our Area Members Birthdays](#) on the left hand menu to view according to month. You may even wish to leave them a birthday greeting by going to their chapters page and leaving a comment.

We have one **KOPS** celebrating an Anniversary

Elsie from [TOPS ON 5191 Woodstock](#)

6 years

New Area **KOPS**

Wanda from [TOPS ON 5357 Stratford](#)

Marion from [TOPS ON 5191 Woodstock](#)

Donna from [TOPS ON 1092 Stratford](#)

Congratulations!

Chapter Changes!

[TOPS ON 5357 Stratford](#) is now meeting

Wednesday mornings

Weigh In: 9:15 am

Meeting: 9:45am

Attached to this newsletter, or below if you are reading it online - are the instructions for the Leaders to be able to access the Leader's area online. If you are still needing assistance, please let me know. www.tops.org is filled with valuable assets for your chapter and would love for each Leader to be able to access it.

In closing, I hope all are keeping warm - according to the groundhogs we still have lots of winter left. Hope to see you all soon. Take Care

Rhonda

Thought to Ponder *"Experience is simple the name we give our mistakes"*